

# CHARLOTTE LABOR JOURNAL

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## Health Rules To Safeguard Your Children During Polio Season

Cautioning that the 1949 polio season is practically upon us, the National Foundation for Infantile Paralysis has issued a list of precautionary measures to safeguard the health of children during the epidemic danger period. Normally, the polio danger pe-



This picture was taken of officers of the Women's Auxiliary to Charlotte Typographical Union just as the Auxiliary was getting ready to cut a birthday cake in celebration of one of its annual parties several years ago. Reading left to right: Mrs. A. B. Furr, vice president; Mrs. Roy Cashwell, president, and Mrs. Robert White, secretary-treasurer.

riod runs from May through October, reaching its peak during the hot mid-summer months. Adults, of course, while generally less susceptible than children, are not immune to infantile paralysis. The following simple health

- rules recommended by the foundation apply to all:
1. Avoid over-fatigue caused by too active play or exercise, or irregular hours.
  2. Avoid swimming in polluted water. Use only beaches or public pools declared safe by local health authorities.
  3. Avoid crowds and crowded places.

4. Avoid sudden chilling. Remove wet shoes and clothing at once and keep extra blankets and heavier clothing handy for sudden weather changes.
5. Personal cleanliness is essential.
6. Keep food tightly covered and safe from flies or other insects. Garbage should be tightly covered and, if other facilities are lacking,

it should be buried or burned. Symptoms of infantile paralysis are listed by the foundation as follows: headache, nausea or upset stomach, muscle soreness or stiffness, and unexplained fever. Should polio strike in your family, call a

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